FILM: FROST HEATS UP THE DANCE FLOOR

PAGE 14

metro

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I NY

Shameful number. New York state ranks at the bottom of the country in terms of organ donors, while it is at the top in terms of those in need. **Right now.** More than 10,000 New Yorkers are waiting for organ and tissue donations that will help save their lives. PAGE 02

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1 NEWS

Quoted

"It's disappointing to think a half-century after the Equal Pay Act, women still face significant financial inequities in the workplace."

Comptroller Scott Stringer

Top 3

What's trending online at Metro.us

1 'VIDEO: StoreDot battery can charge your smartphone in 30 seconds'

2 'VIDEO: Rat terrorizes New York subway riders'

3 'VIDEO: Dad's Vine shows three months of Saturday mornings with his daughter'

A doctor uses a marker to draw a line prior to a kidney transplant operation. / GETTY IMAG

Organ donations in short supply in NY

Dire need. The state lags behind the rest of the country in donors.

Sixteen years ago, Ira Copperman didn't know much about organ donations.

It wasn't until his wife was told her kidney was failing that the Upper West Side couple became immersed in the state's struggle to find New Yorkers willing to donate vital organs upon their passing so that others might live.

It took 14 months before doctors at Weill-Cornell Medical Center were able to find a match for his wife, now 68 years old and still in good health.

Generally speaking, registration isn't necessary for a person to donate their remains, but it does serve as a legal declaration of the deceased's final wishes, Dr. Lloyd Ratner, a surgical director at New York-Presbyterian Hospital explained.

Ratner said the disparity between need and availability is getting worse.

"The demand keeps increasing while the number of organs stays the same," said Ratner.

The resulting stakes are real for those who wait for an available match.

"If you have to wait for five years, which is common in most of the programs in New York, you're talking a 30 percent chance of being dead," he added.

Advocates have long blamed the state's low enrollment numbers on how difficult it is for New Yorkers to sign up with the donation registry.

Potential donors have to sift through a maze of websites and printouts in order to formally declare their intent to donate.

"The process to enroll is so cumbersome that a lot of people start and don't finish," said Aisha Tator, executive director for the NY Alliance for Donation.

Part of increasing enrollment numbers is raising awareness about donating, Ratner said.

"We often think about what it will do to the recipient and not what it does for the deceased and their family," he said. "I think a lot of people find solace in the fact that something good comes out of a terrible tragedy."

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Borough numbers

30%
Manhattan has almost 30 percent of its 1.2 million eligible residents signed up as potential donors — outdoing the state's overall numbers. The outer boroughs, however, don't fare as well.

15.5%
Staten Island only has 15.5 percent of its eligible population enrolled.

13.75%
Brooklyn boasts 13.75 percent enrollment.

11.9%
The Bronx has 11.9 percent of its qualified population signed up.

11.07%
Queens has the lowest rate of enrollment. Only 11.07 percent of the 1.7 million eligible residents are in the state registry.

Grim statistics

Today, more than 10,500 New Yorkers are waiting for organ and tissue donations — almost one-tenth of the national wait list.

- The New York Alliance for Donation estimates that the state ranks third in need for donations nationwide.
- At the same time, New York consistently ranks at the bottom of the nation's enrollment rate.
- While about 43 percent of the country's eligible residents are enrolled to donate, only 22.8 percent of New Yorkers are signed up.

Keeping it local

Mayor asks CBS to keep 'Late Show' in NYC

Mayor Bill de Blasio placed a personal call to CBS head Leslie Moonves on Monday, encouraging the network to keep the "Late Show" in New York City after host David Letterman leaves next year.

Letterman / GETTY IMAGES

"Obviously, David Letterman made rich use of this surrounding environment of New York City, and I hope that his successor will do the same," de Blasio said Tuesday.

Letterman announced last week that he'll leave after more than 20 years, leading Los Angeles Mayor Eric Garcetti to ask Moonves for a West Coast "Late Show." ANNA SANDERS

Flying

AirTrain / GETTY IMAGES

AirTrain service to Newark Airport to be suspended

AirTrain Newark service will be suspended for 75 days beginning on May 1 so that the Port Authority can perform repair work to the on-airport rail system.

The AirTrain station that links to New Jersey Transit and Amtrak trains along the Northeast Corridor Rail Line will also be closed.

Substitute shuttle bus service will be provided from Newark Penn Station.

The Port Authority said that dozens of spots on the system's surface are in need of repair.

Customers are urged to find alternate means of travel to and from the airport if possible. METRO

Innocence

Man cleared of murder after nearly 25 years in prison

A New York City man who spent nearly 25 years in prison for murder was exonerated Tuesday when a judge found that he had been in Florida on vacation at the time of the crime.

Jonathan Fleming, 51, walked out of Brooklyn Supreme Court a free man after the Kings County District Attorney's Office dropped all charges against him.

Fleming had always maintained his innocence in the 1989 shooting death of his friend Darryl Rush in Brooklyn. REUTERS

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On the loose

Handcuffed suspect escapes police car in Brooklyn: NYPD

A suspect escaped a police car in Brooklyn on Monday night while still wearing handcuffs, according to the NYPD.

Police said Darnell Thomas, 26, was on his way to Brooklyn Central Booking when he escaped the backseat of a cop car near Atlantic and South Portland Avenues around 6:30 p.m.

Cops ask anyone with information to call Crime Stoppers at 1-800-577-TIPS (8477).

Darnell Thomas / NYPD

ANNA SANDERS

Cronut bakery reopens doors to lengthy lines

Tasty. Customers waited patiently for the hard-to-get sweet treat.

The birthplace of the cronut reopened on Tuesday. / BESS ADLER, METRO

Dominique Ansel Bakery — birthplace of the Cronut, cookie shot and DKA — reopened on Tuesday morning at 8 with special edition Cronuts after the bakery was hit with a mouse infestation and shut down by the Department of Health on Friday.

Hundreds of people lined up for a special "Rocky Cronut" based off of the character in the Sylvester Stallone movies. The SoHo bakery sold out of the famous treat at around 9:45 a.m.

The bakery posted a letter to its fans on Facebook after passing a rigorous inspection on Monday where it thanked customers for their business and for the support that had been shown while the bakery was closed.

The letter read in part: "In the words of Rocky Balboa — whose theme song has been playing on our radio all weekend long while we worked to deliver everything that was required of us and more — 'getting hit and keep moving forward… that's how winning is done!'"

Tweeting thanks

"Thanks for all the support, everyone. It means the world to our whole team, and we should tell you more often." @DominiqueAnsel

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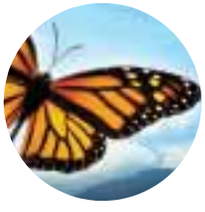

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Developer moves to demolish 'Ground Zero mosque' center

Protest. The building where the controversial downtown Islamic center is located could be razed.

A protestor sits outside of the downtown Islamic community center. / EMILY EPSTEIN, METRO

A New York City real estate developer has filed plans to raze the "Ground Zero mosque," a structure housing an Islamic community center just two blocks from the site of the Sept. 11, 2001, attacks, city officials said Tuesday.

The Islamic center and prayer space opened in 2011 amid protests that it could become a shrine to the Islamic extremists responsible for the deadly attacks on the World Trade Center.

The New York City Department of Buildings said on Tuesday it was reviewing an application from the developer to demolish the four-story building and an adjacent property in lower Manhattan, possibly to build a new, larger structure.

Sharif El-Gamal of Soho Properties has said he eventually planned to construct a $100 million, 13-story Islamic community center on the site.

But Hank Sheinkopf, spokesman for the developer, would not confirm that the request to demolish the existing buildings was a step toward constructing the larger project.

He told Reuters that plans for the site's development "will be answered in the future." REUTERS

Coney Island

Teen arrested in shooting

Cops picked up a 19-year-old after he alleged shot a pistol at another man before running into a crowd in Coney Island on Sunday night. Police said Michael Lewis, fired a single shot at a 21-year-old man at 9:45 p.m. CHESTER JESUS SORIA

Message from the past

Woman receives letter sent in 1969

A Brooklyn woman got a blast from the past this month when she received a letter in the mail that was sent 45 years ago.

Susan Heifetz told The Brooklyn Paper that she received a call on April 3 from a man who lives at the Homecrest apartment where she grew up. He said he had a letter for her, and that it was postmarked 1969.

The letter turned out to be a 19th birthday card sent to Heifetz by her parents, who have since passed away. It was sealed with a kiss from her mother. LAURA SHIN

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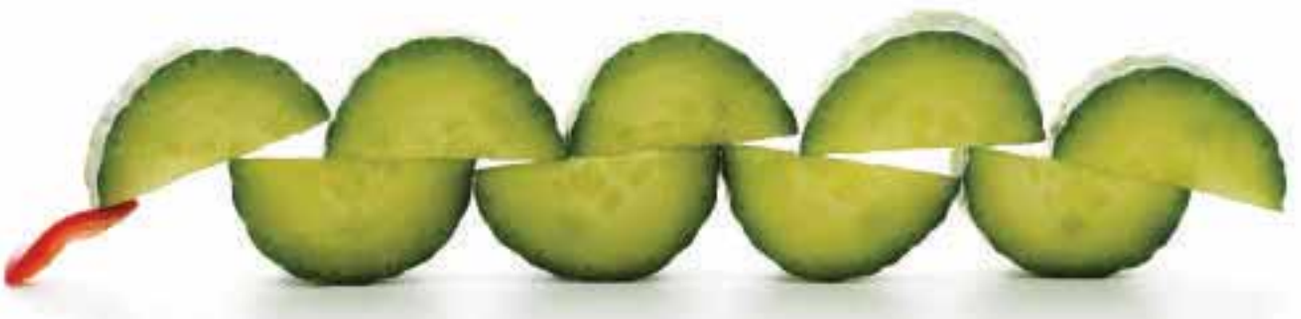

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US accuses Russian agents of stirring unrest in Ukraine

Finances. The Kremlin's standoff with the West has knocked investors' confidence in the Russian economy.

Pro-Russian activists hold red flags with the communist hammer and sickle and the Soviet "USSR" initials during a rally at the regional administration building in Kharkiv. /GETTY IMAGES

Secretary of State John Kerry accused Russian agents and special forces on Tuesday of stirring separatist unrest in eastern Ukraine, saying Moscow could be trying to prepare for military action as it had in Crimea.

Armed pro-Moscow protesters were still occupying Ukrainian government buildings in two cities in the largely Russian-speaking east on Tuesday, although police ended a third occupation in a lightning nighttime operation.

Detained

70

Shots were fired, a grenade thrown and 70 people detained as Ukrainian officers ended the occupation in the city of Kharkiv during an "anti-terrorism" action, the interior ministry said.

Ukraine's security service said separatists occupying the security headquarters in Luhansk had planted bombs in the building and were holding as many as 60 hostages. Activists in the building denied they had explosives or hostages, but said they had seized an armory full of rifles.

The Ukraine government says the occupations that began on Sunday are part of a Russian-led plan to dismember the country. Kerry said he feared Moscow might repeat its Crimean operation. REUTERS

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Australian Defense Minister David Johnston responds to a reporter together with Air Chief Marshal Angus Houston during a press conference. / GETTY IMAGES

Ships unable to find signal from MH370

Missing. No new signals have been detected since two beacons were heard over the weekend.

An Australian ship that picked up possible "pings" from the black box recorders of a missing Malaysia Airlines jetliner has been unable to detect any further signals, and time is running out to narrow the massive search, officials said Tuesday.

Angus Houston, head of the Australian agency coordinating the search for Malaysia Airlines Flight MH370, said the month-long hunt in the Indian Ocean was at a critical stage given the batteries in the black box beacons had already reached the end of their 30-day expected life.

A U.S. Navy "towed pinger locator" onboard Australia's Ocean Shield picked up two signals consistent with black box locator beacons over the weekend — the first for over two hours and the second for about 13 minutes.

Houston said the signals represented the best lead in the search yet, but efforts to pick up the pings again had so far been unsuccessful. REUTERS

Quoted

"If we don't get any further transmissions, we have a reasonably large search area of the bottom of the ocean to prosecute, and that will take a long, long time. It's very slow, painstaking work." Houston

Emotional. Pistorius breaks down as he recounts the shooting

South African Olympic and Paralympic sprinter Oscar Pistorius sobbed on the witness stand Tuesday as he described how, gripped by fear, he fatally shot his girlfriend through a locked toilet door thinking she was an intruder.

Taking the witness stand, the double amputee — accused of murdering 29-year-old law graduate and model Reeva Steenkamp — recounted hearing a window sliding open in his bathroom in the middle of the night on Valentine's Day 2013.

Conditioned by years of living in crime-ridden South Africa, Pistorius said the noises convinced him someone was breaking into his luxury home and that he needed to protect himself and his lover. REUTERS

Protest

US contractor jailed in Cuba goes on hunger strike

The U.S. contractor sentenced to a 15-year prison term in Cuba for attempting to establish an illegal Internet service has gone on a hunger strike to protest his treatment by the Cuban and U.S. governments, his lawyer said Tuesday.

The lawyer also criticized the United States for putting Alan Gross' life in further jeopardy by launching a secretive "Cuban Twitter" after his arrest in 2009.

Gross, 64, was a subcontractor for the U.S. Agency for International Development when he was arrested on his fifth trip to Cuba in an attempt to establish an online network for Jews in Havana.

Years in prison

15

In 2011, a Cuban court sentenced him to 15 years in prison, adding greater tension to already fraught U.S.-Cuban relations.

Those relations suffered another setback last week with the revelation that USAID had established a social network in Cuba that Havana saw as an attempt to subvert the communist government.

Gross also repeated his plea for U.S. President Barack Obama to become personally involved in efforts to get him released. REUTERS

Holder: Justice Department wary of virtual currencies

Virtual money. Regulators are not sure how to react to growing popularity.

The Justice Department will have to be creative in order to make sure criminals do not use virtual currencies such as Bitcoin to secretly move funds, Attorney General Eric Holder said on Tuesday.

The scrutiny at the highest levels of the Justice Department comes at a time when investors have flocked to the currencies, but recent incidents have called into question their long-term viability.

Enthusiasts point to the ability to move funds cheaply, but the recent failure of Mt. Gox, a Tokyo-based exchange that filed for bankruptcy after losing an estimated $650 million worth of customer Bitcoins, has raised doubts about their use.

"The department is committed to innovating alongside this new technology in order to ensure our investigations are not impeded by any improvement in criminals' ability to move funds anonymously," Holder told the House Judiciary Committee.

Federal prosecutors have warned that the currencies are vulnerable to use for money laundering and have charged the operators of several Bitcoin exchanges over their alleged roles in helping criminals move funds.

Agencies ranging from the New York bank regulator to the Commodity Futures Trading Commission have been studying electronic currencies to determine whether and how they should be regulated. REUTERS

People attend a Bitcoin conference at the Javits Center on April 7 in New York City. / GETTY IMAGES

Quoted

"Virtual currencies can pose challenges for law enforcement, given the appeal they have among those seeking to conceal illegal activity. ... This potential must be closely considered." Holder told the House panel.

Cable competition

Comcast defends merger as US review kicks off

Comcast Corp. sought to rebut critics of its planned $45.2 billion takeover of Time Warner Cable Inc., arguing that newcomers like Google and Apple would ensure competition in Internet and video markets.

In a filing with the Federal Communications Commission that coincides with the formal launch of the deal, Comcast argued that either all or key areas of its and Time Warner Cable's businesses compete with an "array of sophisticated companies with national or even global footprints." REUTERS

Redesign

Twitter freshens up its user profile pages

Twitter Inc. unveiled a redesign of its user profile pages on Tuesday, the latest in a series of steps promised by the company to bring new users to the 7-year-old service.

In response to an all-time low in user growth figures during the recent quarter, Twitter Chief Executive Dick Costolo told worried Wall Street analysts that the company would make a number of changes to freshen up the service.

The new layout will be available to a small group of users initially. REUTERS

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Parenting study

More moms are staying at home with children

More American mothers are staying at home with their children, a shift that reflects rising immigration and the fact many women are unable to find jobs after a sluggish period for the U.S. economy, a Pew analysis released on Tuesday showed.

Twenty-nine percent of U.S. mothers, or about 10.4 million women, stayed at home in 2012. That is up from a low of 23 percent in 1999, and marks a turnaround from three decades of decline.

The category of stay-at-home mothers with children under 18 includes women who are at home to care for their families and mothers who cannot find work, are disabled or in school, the Pew Research Center analysis of Census Bureau data said. The economy's slow recovery from the recession of 2007-2009 led many to give up looking for work, a trend that has changed over the past six months as people regain confidence in the job market. REUTERS

By the numbers

10.4M

American women are stay-at-home mothers.

Workforce

57.2

The Pew analysis underscores women's declining share of the U.S. workforce. Labor Department numbers show that 57.2 percent of women have a job or are looking for one, down just over 2 percentage points in a decade.

The study shows that women's share of the workforce is on the decline. / COLOURBOX

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2 CULTURE

Mystery

Peaches Geldof: What happened?

When a celebrity dies, we all assume we know exactly what happened, and there's talk of drugs long before autopsy results are public. However, in the case of Peaches Geldof, who died on Monday, conventional wisdom may be off the mark. Police found "no evidence of hard drugs, no visible signs of injury and no suicide note" at the scene of Peaches' death. Police are treating it as a "non-suspicious, but unexplained, sudden death."

The bum with the tan lines belongs to Miranda Kerr. / MARIO TESTINO — GQ

Miranda Kerr vs. hairy white man

The bum with the tattoos belongs to Dom Nader. / PAT STEVENSON — BONDI

Who is sexier: Dom Nader or Miranda Kerr?

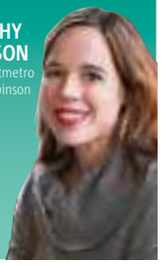
Before you answer that, read what Dom Nader — who parodied Kerr's nude shoot for the May issue of British GQ — has to say about how men and women are portrayed in glossy magazines.

"Why aren't men sexualized in the same way as women?" argues the Sydney-based artist to Metro World News. He adds: "Men try to sexualize everything: whether it be girls in men's glossies or men in gay mags — women don't do this in the same way."

Eh. We still give Kerr the "sexier" label. Sorry, Nader.

THE WORD

Dorothy Robinson takes on the world of gossip.



DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

GETTY IMAGES; @KATYPERRY/INSTAGRAM

Celebrities get colorful

So, slow gossip days mean round-ups of new celebrity hair styles! I know: My job IS exciting!

First up, Maggie Gyllenhaal, who channeled Michelle Williams at the Cannes Film Festival on Monday night. The choice was a bit more conventional than Katy Perry's, who showed off her new 'do on Instagram on Tuesday with the tag line "Slime green for spring, duh."

Speaking of green, Lady Gaga had a bit of the hue in her wild hair while closing down the Roseland Ballroom on Monday night.

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- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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Nick Frost is often seen joined at the hip with his two best friends, Simon Pegg and Edgar Wright. But all three regularly go off on their own. Frost's latest solo work is "Cuban Fury," a "Marty"-like underdog rom-com in which he plays a sad sack who decides to reignite his youthful love for salsa dancing in order to win over his dream girl (Rashida Jones). Though he's credited with the story, it definitely isn't autobiographical.

Are you a dancer in real life?
I've always liked dancing. All my mates, all my male mates — we've all danced. We're not that type of people where, because of our heterosexual ego, we're afraid to dance. But I have a complex relationship with dance, which comes from the fact that I rarely want to do it if it's expected of me. If someone badgers me, "Do you wanna dance?" I would rather lose a foot than dance with that person. I didn't want to dance at the wedding with my wife. I like dancing and my wife likes dancing, and we have danced a lot. But that's when you're out and about and you're having a disco or you're having a party.

You do dance well, though.
Being a big man who can dance well, there's a weird look that thinner people who can dance give you, which is the look you give a 13-year-old boy who's overcome a terrible disease and gone on to complete a half-marathon. "Go for it, big guy!" F— that, f— you.

Why salsa? Had you done salsa a lot before?
No, not at all. And I had to get over how, in my culture, you don't dance with a girl. You're near someone. You don't hold them. There was a lot that was hard about the training, but the first two weeks of trying to avoid touching the top of someone's bum a little bit was hard. You have to get over that complete Hugh Grant-ness of being a gentleman.

How bad was the training?
It was seven hours a day, six days a week for seven months. It was amazing and terrifying in equal measure. That first hour of day one, I just thought, "F— this."

NICK FROST

The "Cuban Fury" star says he doesn't like to boogie unless it's his idea.

DANCING MACHINE

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GETTY IMAGES

By the books

The story conforms pretty closely to a certain formula.
There's been criticism about the story being kind of done before. And it has. [Chuckles] That's how the underdog story works. There has to be a montage of the training process and he either gets the girl or doesn't get the girl, he scores the touchdown, he does the scorpion kick, like at the end of "The Karate Kid." It works as a formula. The comedy and the character, that's what puts us apart.

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Mural. In SoHo, WAT-AHH! encourages a healthy lifestyle

It's hard to miss the new addition to SoHo's graffiti skyline, at the intersection of Lafayette and Prince, by artist Kenny Scharf. This psychedelic 2,500-square-foot mural was sponsored by a brand of water that aims to encourage young people to live healthier, more active lives.

WAT-AAH! has been on grocery shelves since 2008. Its logo features a cartoon boy screaming: "Drink WAT-AAH!" The brand was founded by Rose Cameron, a mother of two who was tired of bribing her children away from sugary drinks. Her moment of genius was to package a healthy drink with a savvy design that kids would adopt as "cool."

Now, WAT-AAH! has launched "Taking Back the Streets," a campaign in partnership with first lady Michelle Obama's nationwide "Drink Up" initiative. It's led by Partnership for a Healthier America, which encourages everyone to drink more water.

Check out SoHo's newest mural through April 20. / PROVIDED

By the numbers

2,500

Square footage of the psychedelic mural by Kenny Scharf at the intersection of Lafayette and Prince streets in SoHo

A "Taking Back the Streets" exhibit launched Feb. 20 at NYC's New Museum, drawing a special visit from Mrs. Obama. It moves to Washington, D.C., on April 23.

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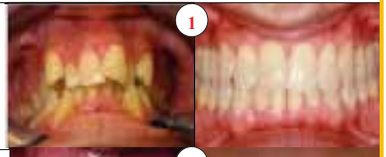

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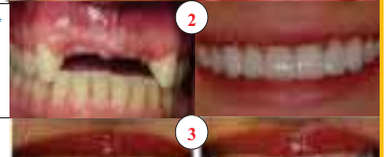

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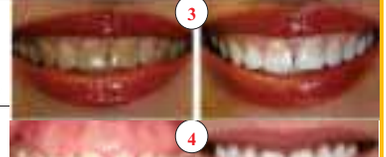

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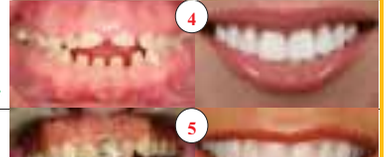

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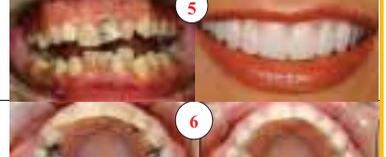

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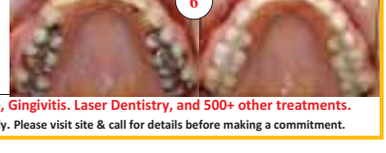

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Keith Urban on what it takes to win

See more at www.metro.us

Talent. The singer and "American Idol" judge talks giving advice — and why it doesn't work for everyone.

As a musician, Keith Urban has had plenty of experience in the spotlight. Now, as a judge on "American Idol," he's able to share some of the wisdom he picked up along the way.

"The most important thing I wanted to be able to do was help them, because a lot of the times I see artists struggling with something that is very simple to fix," Urban says. "In my case, it's things that I've had to figure out how to do — how to perform properly, how to choose songs properly — and I think a lot of that can be taught."

Of course, it takes more than a few lessons with an idol for these "Idol" hopefuls to come out on top. Raw talent is a huge factor when trying to break into the music industry, but Urban, along with fellow judges Harry Connick Jr. and Jennifer Lopez, is looking for a certain drive in the contestants.

"It's not just about having the talent — it's about having the passion for it," Urban says. "Winning 'Idol' doesn't automatically catapult you into the stratosphere. You have to then set about finding the songs and making a record, then you've got to go out and do all the interviews. You've got to be able to do all the work."

Now in his second season on the show, the Australian has learned that his advice doesn't always apply: As artists, the contestants must be able to figure out what works for them. "We can be offering all this advice," he explains, "but they also have individualism and originality about them, which can defy every single thing we are saying. They could go against every single thing and create something extraordinary."

Quoted

"It's not just about having the talent — it's about having the passion for it."

Urban

Song choice

What a feeling

Country music has had a strong presence on "American Idol" this season. As a country singer himself, Urban is most familiar with this type of music — but he doesn't let that affect his judgment.

"I just respond to a feeling. It's not even about genre. It's got everything to do with the sense of believability and authenticity and feeling," he says.

KEITH URBAN WILL WATCH THE TOP EIGHT FINALISTS PERFORM SONGS FROM THE 1980S TONIGHT AT 8 ON FOX.

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Beauty from the inside out. How what you eat affects your skin

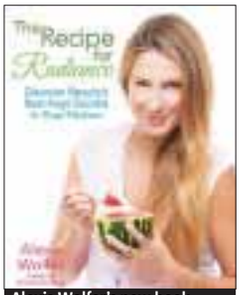
Alexis Wolfer, founder and editor-in-chief of TheBeautyBean.com, shares with us her best tips for keeping your skin healthy and gives us the deets on her new book, "The Recipe for Radiance."

You are what you eat

"One of the ways your body gets rid of things it can't process is through your skin," Wolfer says. "So if you're not eating a healthy diet, what's coming out of your pores isn't going to be clean and healthy either."

DIY masks

While eating too much dairy can cause pimples, Wolfer loves using Greek yogurt as a moisturizer, since it's hydrating for all skin types. If winter has left your skin extra dry, she suggests adding a little honey to the yogurt before applying it to your skin. "If you have acne, mix in some mashed banana or mashed sweet potato. ... What I love about DIY masks is that you don't need to worry about the proportions. Just whip it up, mix it together and leave it on for 15-20 minutes. Remove, and you're good to go. You'll notice a huge difference in your skin immediately," Wolfer says. LASSE EMIL KRISTIANSEN



Alexis Wolfer's new book, "The Recipe for Radiance," has home recipes for various skin problems. / PROVIDED

Her best skin tips

Solve any crisis

Big pores: Apply apple cider vinegar topically on your skin with a cotton swab. Even if your skin is oily, don't be afraid of using products with oil in them. The more oil you remove from your skin, the more your body will produce.

Acne: Eat foods with vitamin A to help your skin heal faster.

Redness: Be careful not to overtreat your skin in the cold weather, especially if it is irritated. Keep your skin care routine really simple.

Aging: Omega-3 fatty acids will help keep your circulation working at an optimal level, keeping your skin healthy and reducing inflammation.

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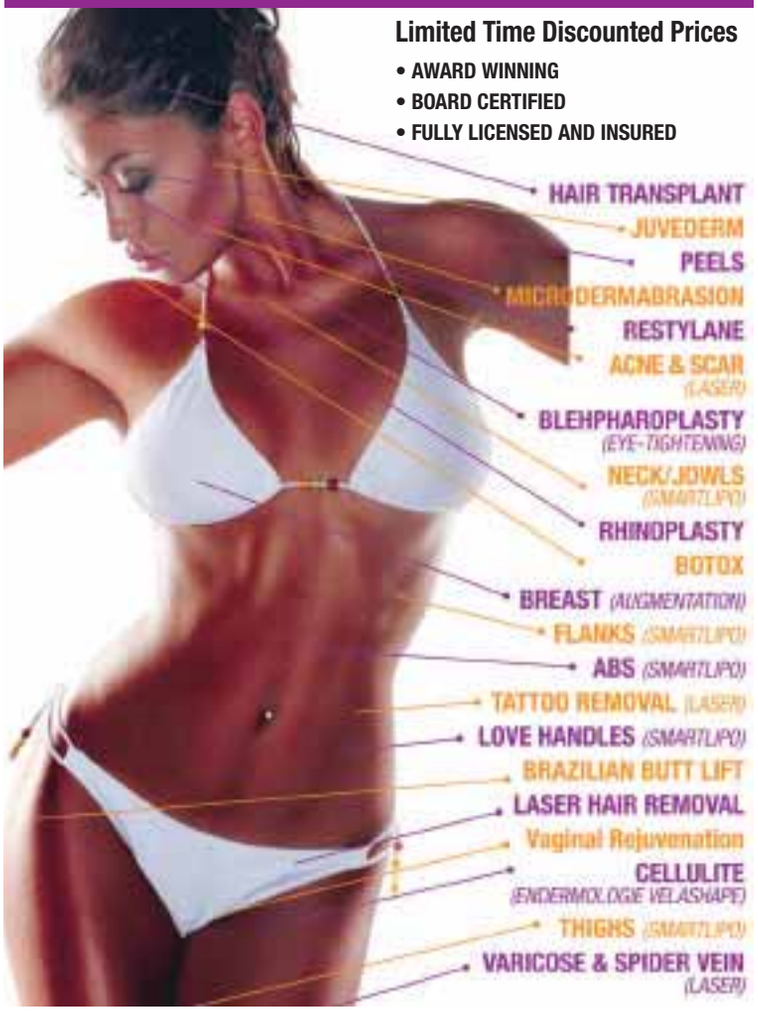

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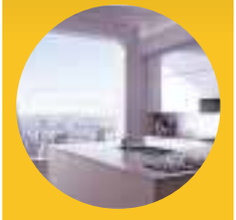
The most expensive listing to hit the market this week is a penthouse at 432 Park Ave. in Midtown. Marketed by Douglas Elliman, this six-bedroom condo spans the entire top floor of the building and includes a private elevator.



Cheapest

$244.9K

The least expensive property this week is a co-op located at 25 Tudor Place in Murray Hill. Marketed by Clickit Realty, this studio features hardwood floors, southern exposures, air conditioning and a dishwasher.

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Minnesota-based Eastvold Furniture creates updated versions of the midcentury must-have: the credenza. "The credenza is really a box, but it's done so well," says designer Matt Eastvold. "I really love its versatility — it can blend with traditional homes or a glass New York City high-rise apartment. It's just a really functional piece that looks great."

At Eastvold, you can find modern credenzas with funky, colorful steel bases or classic renditions in sleek walnut. Whatever your preference, each piece — made from locally sourced solid wood and named after small Minnesota towns — can be custom-made for your needs.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

EVEN SWEETER? LARGE ITEMS SHIP FOR FREE, WITH WHITE-GLOVE SERVICE TO BOOT, WHICH BEATS HUNTING DOWN A COUPON CODE. EASTVOLDFURNITURE.COM

Eastern influence

The BoConcept Fusion collection by Nendo

Danish furniture brand BoConcept and Japanese design house Nendo, led by designer Oki Sato, united for a new collaboration, which just hit stores. The collection, which focuses on functionality and simplicity, includes a sofa, chair, rug, table, shelving and accessories and is, according to Sato, inspired by origami.

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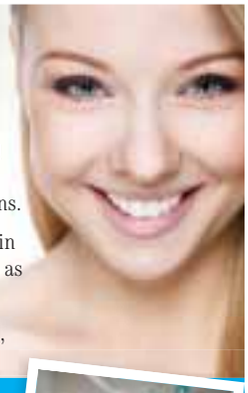

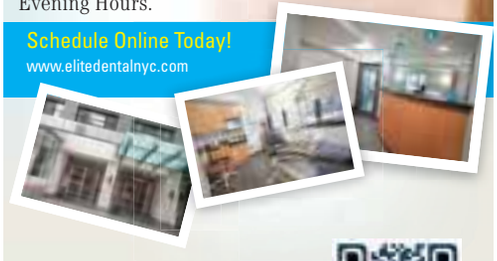

Coping with caregiving

Family. Looking after aging parents can get overwhelming. Learn how to manage it all.

Listen to your parent and work collaboratively to figure out the best type of care. / STOCKBYTE

For adults with jobs, kids and other responsibilities, the challenges of caring for elderly parents should not be underestimated. Studies show caregivers often put their own health to the side: The National Alliance for Caregiving found that 72 percent of family caregivers report not going to the doctor as often as they should, 63 percent of caregivers say their eating habits have gotten worse, and 58 percent cop to exercising less. The National Alliance for Caregiving also says that as many as 70 percent of caregivers have symptoms of clinical depression.

In spite of these scary stats, "caregiving can be rewarding despite the challenges," says Care.com's vice president of senior care services, Jody Gastfriend. "But the caregiver must avoid burnout and subsequent health problems. While 80 percent of long-term care is provided by unpaid family members, the majority don't identify themselves as caregivers and don't seek support."

Advice and support can be found at local hospitals, senior centers, health clinics and online. Good primary care, for both the caregiver and parent, is essential. It starts with acquiring knowledge, Gastfriend says: "Adult children can educate themselves about the type of chronic illness their parent is suffering from and what type of care [that person] may need down the road. Sometimes changes in behavior and cognition are reversible, either related to an illness, medications or depression."

Conditions such as dementia and Alzheimer's disease can make staying at home an even greater challenge, as caregivers are often thinking for two.

"Keep options open and make decisions based on what is best for the care recipient as well as for the caregiver," Gastfriend advises. Sometimes, that means looking into outside help. "My father, who had dementia for over 10 years, spent half of that time in a nursing home. It was the best and safest place for him and for my mother, who eventually could not manage my dad's care."

Gastfriend, who cared for her mother, recommends being prepared for unexpected events and costs, like additional medical bills. Respecting that elderly parents are still parents, in addition, makes for better communication.

"Do not to look at caregiving as a role reversal," Gastfriend says. "It's important to help your loved one maintain a sense of control, however minimal, so that their dignity and sense of self is not completely undermined by their condition."

LINDA CLARKE
@metronewyork
letters@metro.us

Books to help

'My Health & Wellness Organizer'

by Puja A. J. Thomson
This three-ring binder offers advice and is useful for storing important health forms, keeping track of appointments and filing bills.
$17, Amazon.com

'How to Care for Aging Parents'

by Virginia Morris
The revised and expanded edition has medical, financial and legal info, plus tips on self-care and navigating challenging sibling, spousal and parent-child relationships.
$19, Amazon.com

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MY FIXES FOR JUNK FOOD

Healthy eating has been a big part of my success. New York Health and Racquet Club nutritionist Alanna Cabrero has monitored my progress, reviewing the food diary I'm keeping on MyFitnessPal.com (a great tool).

One of the things that's helped: Paying attention. I used to snack all day long, usually on unhealthy food. I was also an emotional eater.

Luckily, I've been able to break some of those habits by keeping track of what I'm eating and when, and finding alternatives to the not-so-healthy things I was eating before. Here are a few of them.

For dinner, Amanda's swapping chicken enchiladas for chicken fajitas, which deliver less fat and carbs. / ZOONAR RF

Breakfast

Before: Six-12 doughnut holes
After: Small egg white wrap with turkey sausage or veggies
Benefits: No more midmorning sugar crash, protein for energy
Other options: Nonfat plain yogurt with fresh fruit and chia seeds

Lunch

Before: Nothing
After: Salads with grilled chicken, beans, peppers, other vegetables and minimal dressing
Benefits: An actual meal in the middle of the day means I'm not starving in the afternoon.
Other options: Lentil soup with chia seeds added or veggie wraps

Snacks

Before: Cookies, chips and candy
After: Carrots, hummus
Benefits: I'm replacing sugar and fat with veggies and protein.
Other options: Almonds, pistachios and fruit

Progress report

Starting stats (as of Jan. 29)	Current stats (as of April 8)
Weight: 209.5 pounds	**Weight:** 189.5
Body Mass Index (BMI): 36	**BMI:** 32.4
Chest: 48 inches	**Chest:** 42.5 inches
Waist: 41 inches	**Waist:** 38 inches
Hips: 48.5 inches	**Hips:** 43 inches

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Horoscope

♈ Aries | March 21-April 20. The more people you are in contact with, the more encouragement you will receive. Be vigorous as you pursue your goals.

♉ Taurus | April 21-May 21. If you try to manage group efforts, quarrels and hurt feelings will result. Rather than start a debate, stick to your own projects.

♊ Gemini | May 22-June 20. Recharge your energy by arranging a trip or adventure with a friend or family member. Investigate some local attractions. You may discover romance.

♋ Cancer | June 21-July 22. You will have good luck persuading others to invest in your ideas. Your colleagues will support your effort. You will be satisfied with the feedback you receive.

♌ Leo | July 23-Aug. 22. Take a look at your current partnerships. You may be feeling disappointed, but if you are realistic, you will find answers.

♍ Virgo | Aug. 23-Sept. 22. You may be blamed for difficulties in the workplace. If you have been careless you will have to admit your shortcomings.

♎ Libra | Sept. 23-Oct. 22. Youngsters in your family circle will prove instrumental in a decision. Your popularity will soar once your plans are unveiled.

♏ Scorpio | Oct. 23-Nov. 21. Take a logical approach to a situation that requires a decision. Save yourself a lot of grief by not grasping at the first option available.

♐ Sagittarius | Nov. 22-Dec. 21. Change is in the air. A new career could materialize as the result of a business trip. Expanding your horizons will stimulate your creativity.

♑ Capricorn | Dec. 22-Jan 20. You may be overwhelmed. Consider your health before you get worked up over something that you can't control.

♒ Aquarius | Jan. 21-Feb 18. Being stubborn won't help solve your problems. Ease up and collaborate with all comers in order to get results.

♓ Pisces | Feb. 19-March 20. Don't give anyone the chance to take credit for your work. Keep your ideas under wraps until you can be sure you'll get recognition. BERNICE BEDE OSOL

Sudoku: Easy and hard

						2		5
6						4	9	8
	2	9		7				
		7		8	9			1
3			1		5			7
4			7	2		8		
				3		9	5	
1	5	6						2
9		4						

		4			7			2
2		9		4				7
	8					1		
4			3	7			2	
3	2						7	8
	7			5	4			1
		3					5	
8				2		9		3
1			9			7		

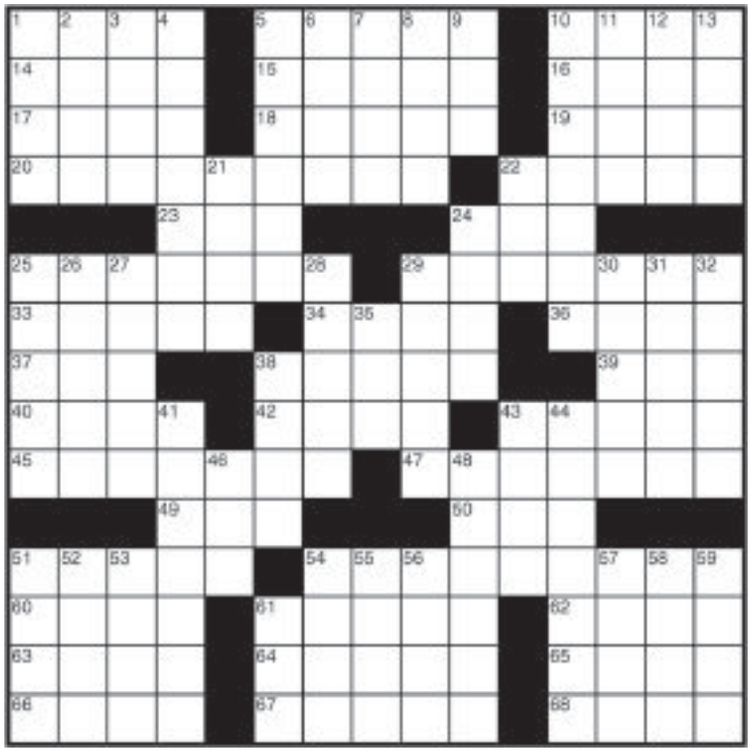
How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Rummy or tag
5 Take a powder
10 Prefix for "second"
14 Baking-powder ingredient
15 Hunger for
16 Just scraped by
17 Ricky Ricardo
18 "It Came From -- Space"
19 Flamingo, for one
20 Whiskery dog
22 Backs financially
23 Blow it
24 Chum
25 Exercise goal
29 Glacial deposit
33 Is a party to
34 "Right on!"
36 Haughty type
37 W-2 info
38 Importuned
39 Stocky horse
40 Dick Tracy's wife
42 Tirade
43 Nonchalant
45 Skulked about
47 Kind of glass
49 Velvety surface
50 Cleaning cloth
51 Gusting
54 Putin's grannies
60 "I had no —!"
61 Watering places
62 Tangy
63 Make muddy
64 First sign
65 Ontario neighbor
66 House wings
67 Small coin
68 Gallivant

Down
1 Flits about
2 Waugh or Baldwin
3 Cornmeal product
4 Renowned
5 Looks high and low
6 Vera —, Mexico
7 Have status
8 Swear to
9 Cousteau's domain
10 Interstellar clouds
11 Comparable
12 Geek
13 Bookie's figures
21 Warmonger of myth
22 Like the horizon
24 Ducks' haunt
25 Doesn't eat
26 "Ghosts" writer
27 Uptight
28 Soup alternative
29 Gets introduced
30 Of an Andes empire
31 Lasso
32 Dwindled
35 Opposite of max
38 Kind of school
41 Flip-flops
43 Meadow murmurs
44 More faded
46 Boastful knight
48 Dependable
51 Metal thread
52 Goddess's statue
53 Simon or Diamond
54 Pain in the neck
55 Org.
56 "How've ya —?"
57 Syrup brand
58 Diva's rendition
59 Wineglass part
61 Caveman from Moo

Yesterday's answer



Letters

The 99 percent are struggling, not brainless

Re: 'McCutcheon decision equals corruption of free speech in America' (Metro, April 7) How little you must think of the "99 percent" that you believe they could be hoodwinked by the "1 percent" (both liberals and conservatives) and that the only option is to restrict our First Amendment rights. In America, we educate our children so they can see through lies, misdirections, and half-truths and recognize what is right. If we aspire to be an informed electorate capable of choosing leaders with integrity, we have to defy the notion that our fellow citizens are incapable of listening to varied opinions and making intelligent decisions on issues that affect us. I say let the people hear it all, from both the 99 percent and the 1 percent and let's get 100 percent of the story! I, for one, will never accept that the truth can only be known by choosing who is allowed to say it! Our founders wrote the Constitution and Bill of Rights! The First Amendment states: "Congress shall make no law ... abridging the freedom of speech, or of the press." They did not include an "at your convenience" clause!
MICHAEL TANNER, VIA EMAIL

letters@metro.us

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Masters betting guide

Who are the favorites, underdogs and best options to make some dough at this weekend's big event?

MARK OSBORNE
mark.osborne@metro.us

The biggest event in golf, the Masters, gets underway April 10. And if you're anything like us, the tournament signals the unofficial start of a golf season which actually began a couple months ago.

So if you are looking to lay down a few shekels on the premier event in golf — recreational only, of course — you probably could use a bit of help. We try to give you a guide here.

First tip: Don't bet on Tiger Woods. (He's not playing after undergoing back surgery.)

Beyond that, we break down some favorites, money makers and dark horses who have a chance to wear the green jacket on Sunday.

PHIL MICKELSON: 12/1 MICKELSON IS THIRD ON THIS LIST FOR ONLY ONE REASON: HIS POPULARITY. HE'S HAD A DREADFUL SEASON.

ALL PHOTOS GETTY IMAGES

The favorites ...

Adam Scott: 10/1
The defending champion is the co-favorite to take the tournament in 2014, as well. The Aussie has played decently on the PGA Tour this year (five tournaments, four Top-12 finishes), but he has yet to win.

Rory McIlroy: 10/1
The 24-year-old is the other co-favorite atop the odds. He has had a similar season to Scott — good but no wins yet. He has three Top-10 finishes, including last week at the Houston Open. McIlroy had a disappointing 2013 after winning four tournaments in 2012.

Money makers ...

Jordan Spieth: 33/1
The 20-year-old rising star is one of the top underdogs to win the tournament. In fact, he's gotten so much attention, his odds have risen all the way to 33/1. He's playing well — currently 13th in the World Golf rankings.

Luke Donald: 50/1
The Englishman has a game well-suited to Augusta. He has three Top-10 finishes in the last nine years and Top 10s at each of the majors in his career. He's just waiting to break through. Donald has a couple Top-10 finishes this season as well, including a fourth-place finish.

SAY HELLO TO THE FUTURE STUD OF THE PGA TOUR: JORDAN SPIETH. GET YOUR BETS IN BEFORE HE BLOWS UP.

Dark horses ...

Steve Stricker: 80/1
Stricker is about as boring a pick as they come. Sorry, Steve. But if you're looking for a conservative choice to win the Masters, he's a good option. He has 16 career PGA Tour wins and finished in the Top 20 in all three majors he competed in last year. If you're doing a multi-pick office pool, you'll probably be the only one to select him. (That's a good thing.)

Matt Every: 150/1
You probably don't know the name (we don't blame you), but he might be the best dark horse option in the tournament. He's getting very poor odds for a player who won at the star-studded Arnold Palmer Invitational a few weeks ago. In fact, he outdueled Scott to get the win in the event. The Arnold Palmer was his first tour win and he has very little history in majors. His win on March 23 earned him his first invite to the Masters. It's unlikely he'll win, but he'll be fun to root for regardless.

STEVE STRICKER MIGHT NOT BE THE MOST EXCITING PICK TO WIN THE MASTERS, BUT HE HAS THE RIGHT STUFF.

Masters pairings

The tournament gets underway early Thursday morning. We look at some of the notables.

- **Group 1**: Stewart Cink, Tim Clark — 7:45 a.m.
- **Group 7**: Tom Watson, Billy Horschel, Brendon de Jonge — 8:51 a.m.
- **Group 9**: Angel Cabrera, Gary Woodland, Ian Poulter — 9:13 a.m.
- **Group 11**: Graeme McDowell, Rickie Fowler, Jimmy Walker — 9:35 a.m.
- **Group 12**: Zach Johnson, K.J. Choi, Steve Stricker — 9:57 a.m.
- **Group 16**: Adam Scott, Jason Dufner, Matthew Fitzpatrick — 10:41 a.m.
- **Group 17**: Jordan Spieth, Patrick Reed, Rory McIlroy — 10:52 a.m.
- **Group 29**: Bubba Watson, Luke Donald, Sergio Garcia — 1:15 p.m.
- **Group 32**: Phil Mickelson, Ernie Els, Justin Rose — 1:48 p.m.

3 SPORTS

Watch online

Find video and recap of Tuesday night's Nets-Heat game at: Metro.us/sports.

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ULTRASOUND CAREERS BEGIN HERE

NBA power rankings | by James Toscano

No. 1

Spurs (60-17)

With the Spurs just a couple of wins away from securing home-court advantage throughout the entire playoffs, point guard Tony Parker will be forced to miss a few games with a sprained facet joint (back). His health is the biggest question mark for San Antonio heading into the Western Conference playoffs, which begin on April 19.

No. 2

Thunder (55-21)

The Thunder snapped the Spurs' crazy, month-long winning streak, but dropped the next two on the road to the Rockets and Suns.

No. 3

Clippers (55-23)

We'll find out a lot about which team deserves the No. 2 seed in the West when the Thunder invade L.A. on Wednesday.

No. 4

Heat (53-23)

The Heat had lost the three previous meetings against the Nets heading into Tuesday's showdown in Miami. A second round playoff preview?

No. 5

Rockets (51-25)

Dwight Howard (ankle) has missed eight of his team's last 10 games and wasn't expected to go Tuesday night. Telling you how important he is to Houston's chances this spring would be insulting your intelligence.

No. 6

Pacers (53-25)

They're 3-8 in their last 11 games, with the most recent being a loss to the Hawks at home. If only they had a leader like Danny Granger. This is a team trending in the wrong direction.

No. 7

Blazers (50-28)

The Blazers clinched a playoff berth, but based on the way their season started, they're looking to do much more than just that. As it stands, they'd play the Rockets in the first round.

No. 8

Warriors (48-29)

Mark Jackson's assistants are getting the boot one-by-one. If the Warriors don't make a playoff run, he could be next.

No. 9

Suns (46-31)

After two losses to the Lakers and Clippers, Phoenix got back on track with wins over the Blazers and the Thunder.

No. 10

Bulls (45-32)

With the bad teams that remain on the Bulls and Raptors schedule, whoever loses just once could end up as the No. 4 seed in the East.

No. 11

Raptors (45-32)

Forward Jonas Valanciunas was just charged with drunk driving. ... Really, bro? As the playoffs are about to start? Go to the game, then go home. Go to practice, then go home. And do it sober. It isn't that hard.

No. 12

Mavericks (47-31)

What's the one thing the Suns and Grizzlies don't have? A stone-cold killer like Dirk Nowitzki. Coming down to the end of the season is when having a talented leader pays off the most.

No. 13

Grizzlies (45-32)

Currently one game out of the playoffs, let's assume the Griz go 2-1 over their next three games. That sets up pivotal games against the Suns and Mavs that will most likely determine the odd team out.

No. 14

Nets (42-34)

Releasing Kevin Garnett into the wild just before the playoffs begin could be another big momentum swing in Brooklyn's favor.

No. 15

Wizards (40-37)

Nene is practicing with the team after six weeks on the sidelines with a sprained knee. He could even play Wednesday.

No. 16

Bobcats (39-38)

A first-round matchup with the Pacers doesn't look as bad now as it did a month or two ago. At the least, it should be interesting.

No. 17

Knicks (33-45)

Are the Knicks going to come up short? After storming ahead of the Hawks in their run at the final playoff spot in the East, they've dropped the last two games and are now two back of Atlanta.

No. 18

T'Wolves (38-38)

Dante Cunningham has been arrested not once, but twice in the same week. Once was for alleged domestic abuse, and the other was for terroristic threats against the same woman.

More rankings

We've got the rest of your NBA rankings online. Or are you more of an NHL fan than NBA? Don't worry, we've got you covered on the ice, as well. Check out Metro's NHL power rankings every Wednesday afternoon. Just visit www.metro.us/sports.

Nova hammered in Yankees' loss to O's

MLB. Baltimore piled up 14 runs in the day game.

Nine pitches into his second start of 2014, it was painfully apparent that Ivan Nova's stuff was not crisp.

Adam Jones drove a poorly located fastball over the center-field wall for a two-run homer to put Nova in a three-run hole with one out in the first inning.

Nova allowed seven runs in 3 2/3 innings Tuesday. GETTY IMAGES

The rest of the day went just as poorly for Nova and the Yankees as they were handed an ugly 14-5 loss to the Orioles on Tuesday.

"His sinker didn't have a lot of sink to it and it was up in the zone and his curveball wasn't very sharp," manager Joe Girardi said. "So that's not a very good combination for him seeing that those are his bread-and-butter pitches."

LARRY FLEISHER
@LarryFleisher
sports@metro.us

Bad boy, bye bye

Reports: Dumars to resign

Pistons president Joe Dumars experienced unrivaled praise when he led his team to the 2004 NBA title. It's been downhill since.

According to multiple reports, that tenure will come to an end this season. He is expected to resign as soon as next week. The team signed free agents Brandon Jennings and Josh Smith this offseason, but are 28-49. **METRO**

Rest day

Garnett sits out against Miami

With a playoff spot clinched, and the Nets unlikely to surpass the Raptors in the Atlantic, the team began resting players for the postseason Tuesday night.

Kevin Garnett, who just returned from a back injury which cost him 19 straight games, was given a rest day by head coach Jason Kidd against the top-seeded Heat.

Garnett returned from back spasms April 5 against Philadelphia and looked strong,

GARNETT IS AVERAGING JUST 6.8 POINTS PER GAME. GETTY IMAGES

contributing 10 points and four rebounds in 13 minutes.

The 37-year-old power forward is expected to play Wednesday night when Brooklyn is at Orlando. Toronto led the Nets by 2 1/2 games in the division entering Tuesday. **METRO**

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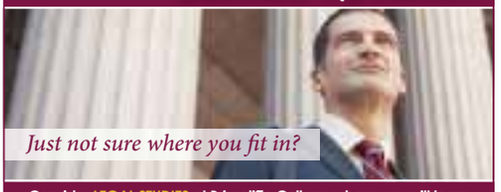

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Index No. 2013-2691

Plaintiff **SUMMONS**

- against-

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Defendants,

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Sullivan County is designated as the place of trial on the grounds that the premises, which is the basis for this action, is located in Sullivan County and more particulary described as a portion of Town of Liberty Tax Map Parcel No. 35-2-14.1.

Dated: Monticello New York
November 4, 2013

Yours, etc.,
STOLOFF & SILVER LLP
ss: GARY D. SILVER
Attorneys for Plaintiff
Office and Post Office Address
26 Hamilton Ave., P.O. Box 1129
Monticello, NY 12701
Tel. (845) 794-4300

In this action Plaintiff seeks judgment pursuant to New York Real Property Actions and Proceedings Law Article 15 against the Defendants, that the Defendants, and every person claiming under them, be barred from all claim to an estate or interest in the real property at issue (a portion of Town of Liberty Tax Map Parcel No. 35-2-14.1, as described in the Verified Complaint), and that it be adjudged and finally determined that Plaintiff is vested with an absolute and unencumbered title in fee to said premises and entitled to the immediate possession of same, together with the costs and disbursements of this action, and such other, further and/or different relief as to this Court may just and proper under the circumstances

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